

2006's Flu Vaccine Program


Benefit Options Wellness will again offer free flu shots to all Benefit Options members, including dependents age 9* and older, enrolled in the medical/health plan. Benefit-eligible State employees who are not on the health plan may receive a free flu shot.

Those who are **not** eligible to receive a free flu shot include temporary and contracted employees (including clerical pool) as well as volunteers. Dependents and retirees who are *only* enrolled in the dental plan also are not eligible. These individuals can receive a flu shot \$30 at listed events (cash or check). Pneumonia shots are also offered for \$40 (not covered by Benefit Options at these events)



This year's flu vaccine program will move through two phases. Phase 1 includes an early program for high risk individuals. Phase 2 begins the general population (i.e. all individuals). Both of these phases are explained in detail below.

Phase 1


To help ensure that vaccine is available for **high-risk individuals**, Benefit Options Wellness is following the Centers for Disease Control (CDC) recommendations to allow high-risk individuals to receive the flu vaccine before the general population. The Centers for Disease Control and Prevention (CDC) define high-risk individuals as people who are at high-risk for developing complications from the flu. The CDC definition of high-risk can be found at www.cdc.gov/flu/about/qa. 

Starting immediately through mid-October, high risk individuals are able to go to valid locations to get their shot early. Only

individuals who have been identified through the health plans as high-risk, or who receive a note from their physician, are eligible for a flu shot during this period.

If you were identified through the health plan, you will receive a mailer from either United Health Care or Schaller Anderson *by the end of September*. If you do not receive a mailer, but believe you are high-risk according to CDC's criteria, you may bring a note from your physician to these events to get an early flu shot.

The mailer or physician note must be presented at valid locations to receive a free flu shot. Only the person who is listed on the mailer or physician note may receive the free flu shot – Photo ID is required.

During phase 1, there will not be any state-specific events; eligible participants may attend any of Healthwaves (the State's vendor to administer flu shots to members) public clinics. For more information, please visit our website. For valid locations during phase 1, please go to www.healthwaves.com 

Phase 2

All eligible individuals (i.e. the general population as well as high risk) will be able to receive their free flu shot during the general Benefit Options Wellness' vaccine program, which will run from mid-to-late October through mid-December. **Information and a schedule for the general program are expected to be posted on our website in early October.**

There will be several options for participants to receive their shots during phase 2:

1. State worksite and regional events
2. Family days
3. Healthwaves public schedule
4. Other alternatives (on page 2)

- flu, continued on page 2

From the
Arizona

Department of
Administration
Human Resources,
Benefit Options
Wellness Program

2006

flu special edition

Please note that each individual office may not have their own event as we are combining buildings and offices that are highly populated. This will allow us to vaccinate more people in a shorter amount of time. For example, the Phoenix capital mall area will have, at minimum three large events in Wesley Bolin that will serve all capital mall employees. *The schedule, including locations, will not be available until early October.*

**For more information, including
Frequently Asked Questions, please
visit our website at**
www.benefitoptions.az.gov/wellness

After the schedule is released, if your building is not scheduled its own clinic, and there are no large or Healthwaves public events in your area, you may request an event through the Wellness office. You must have at least 60 employees in your building; otherwise employees must attend any other worksite, family day or Healthwaves public clinic. All flu vaccine event requests must be submitted to the Wellness Office by close of business on November 1, 2006.

If you have questions about your health, or to discuss if you should get a flu shot, contact your health care provider.

Status throughout the flu program

Our vendor, Healthwaves, has received enough vaccine to start their programs earlier than in the past several years. Although there have been issues with supply and shipment in the past, this year seems to be running smoother. Although we do not anticipate any problems, we do suggest checking the status of the program regularly,

and checking the schedule again before attending an event.

There are two ways to find out the status of the flu program from now through mid-December.

1. Flu Status Phone Line – this line will give any updates and schedules needed regarding the program. 602-364-2535
2. Wellness website – the website will have all current information posted as quickly as possible. www.benefitoptions.az.gov/wellness

*Flu shots provided through Benefit Options Wellness are only approved for people 9 years and older. For children under age 9, contact your health care provider.

What you need to bring

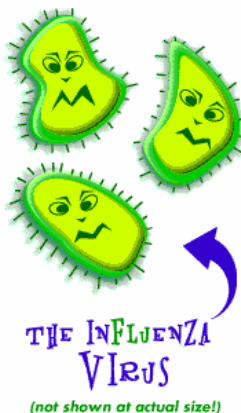
To receive a free flu shot, eligible members must:

- **Show your Benefit Options Insurance card****
- **Show a Photo ID**
- **Know the Employee Identification Number (EIN) of the primary insured (State employee)**
- **We encourage you to complete your informed consent form in advance. The consent form is available on our website.**
- **Please make sure your shirt/dress sleeves can be rolled up to the shoulder**
- **A parent or guardian must accompany children under age 18.**

****If you are a benefit-eligible State employee (were offered benefits but declined), please show your State ID badge in lieu of the insurance card.**

Prevent Getting the Flu

According to the Centers for Disease Control and Prevention, **the single best way to protect against the flu is to get vaccinated each fall.**



Practicing good health habits are also an important way to help prevent the flu.

- **Avoid *close contact*.** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- ***Stay home when you are sick.*** If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- ***Cover your mouth and nose.*** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- ***Clean your hands.*** Washing your hands often will help protect you from germs.
- ***Avoid touching your eyes, nose or mouth.*** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.



99 "Germiest" Places

With flu season approaching, knowing where germs are may help you avoid getting sick. Germs lurk in surprising places, just waiting to be touched so they can hitch a ride on your hands. Germs are spread by hand contact. You pick up germs that can make you sick in places you hadn't even thought about.

Your kitchen sink, for example, has more germs than your garbage can. And the portable toilets in public places are cleaner than outdoor playground equipment and picnic tables.

Dr. Charles Gerba, professor of environmental microbiology at the University of Arizona, and the makers of Purell Instant Hand Sanitizer, have compiled a list of the 99 "germiest" places so you can be aware and take matters into your own hands.

Washing your hands with soap and water is your best defense against germs. And when you can't wash your hands, carry along an alcohol-based hand sanitizer.

Here's the list of the 99 places to watch out for germs:

Commuting

1. Fare-card machine keypads
2. Turnstiles
3. Escalator handrails
4. Handrails of stairs
5. Subway car handles and straps
6. Subway seats and poles
7. Bus seats and handles
8. Revolving door handles
9. Gas pump keypads
10. Gas pump nozzles
11. Car door handles and locks

- "germiest" continued on page 4

-“germiest” continued from page 3

- 12. Dashboard surfaces and buttons
- 13. Toll booth tickets and currency

At Work

- 14. Computer keyboard
- 15. Computer mouse
- 16. Photocopy machine keypads
- 17. Fax machine keypads
- 18. Calculator keypads
- 19. Printer buttons and trays
- 20. Staplers and other office supplies
- 21. Doorknobs and handles
- 22. Light switches
- 23. Elevator buttons
- 24. Handrails of stairs
- 25. Office and conference room phones
- 26. Laptop computer keypads
- 27. Vending machine keypads
- 28. Staff room refrigerator handle
- 29. Staff room microwave handle

On Vacation / Traveling

- 30. People mover handrails
- 31. Pay phone buttons
- 32. Pay phone receivers
- 33. Vending machine keypads
- 34. Currency at fast food restaurants
- 35. ATM machine keypads
- 36. Plastic security buckets at airports
- 37. Airplane seat rests
- 38. Airplane blankets and pillows
- 39. In-flight magazines
- 40. Hotel room key cards
- 41. Hotel room remote controls
- 42. Hotel room A/C controls

At the Gym

- 43. Treadmill keypads
- 44. Elliptical machine keypads and handles
- 45. Stepper machine keypads and handles
- 46. Stationary bike keypads and handles
- 47. Rowing machine handles
- 48. TV remote controls

Working Out / Weight Room

- 49. Abdominal equipment handles and headrests
- 50. Weight machine handles
- 51. Free weights and barbells
- 52. Exercise and stretching mats
- 53. Medicine balls
- 54. Jump rope handles

At Home

- 55. Computer keyboards and mouse
- 56. Toys for pets
- 57. Remote control devices
- 58. Thermostats
- 59. Light switches
- 60. Doorknobs and handles
- 61. Kitchen countertops
- 62. Kitchen sponges
- 63. Refrigerator door handles
- 64. Oven door handles
- 65. Microwave door handles
- 66. Stairway railings

Shopping

- 67. Shopping cart handles
- 68. Shopping basket handles
- 69. Bulk-food scoop handles

-“germiest” continued on page 5

- 70. Tongs for baked goods
- 71. Currency
- 72. Credit cards
- 73. ATM machine keypads
- 74. Stair handrails
- 75. Escalator handrails
- 76. Elevator buttons
- 77. Public rest room surfaces
- 78. Hand soap dispensers
- 79. Paper towel dispensers
- 80. Bathroom door handles

At School

- 81. School bus seats and handles
- 82. Shared toys
- 83. Library books
- 84. Crayons
- 85. Mats
- 86. Cafeteria trays
- 87. Bathroom surfaces
- 88. Doorknobs and handles
- 89. Playground equipment
- 90. Vending machine keypads
- 91. Sports/gym equipment

At Movie Theaters, Sports Events, Clubs

- 92. Seats
- 93. Bar surfaces
- 94. Arm rests
- 95. Condiment/napkin area surfaces
- 96. Tickets
- 97. Video game controls
- 98. Pinball machine buttons
- 99. Cigarette lighters

-health e-headlines

We have several open wellness events upcoming in the month of October. They are listed below by city and event. **Please refer to the wellness website for times and registration information for these programs.**

Mini Health Screening

Show Low– Thursday, October 5, 2006
DES 2500 E. Cooley #410

Payson– Wednesday, October 25, 2006
DOT 200 N. Colcord

Office Fitness—Flagstaff

Tuesday, October 17, 2006
DOT 1901 S. Milton

Skin Cancer Screening—Show Low

Tuesday, October 24, 2006
DES 2500 E. Cooley

The **Mobile On-Site Mammography (MOM)** schedule for October is posted on the website.



If you are interested in hosting a program at your worksite, visit the Wellness website at www.benefitoptions.az.gov/wellness to view what is available and learn how to request and schedule worksite events.

Created and published by ADOA Human Resources,
Benefit Options Wellness Program

100 N 15th Ave, Suite 103 Phoenix, AZ 85007
602-771-9355 — wellness@azdoa.gov



Persons with disability may request reasonable accommodation by contacting the ADOA Benefits Office. If you need this issue in alternative format, please call 602-771-9355

benefit options
wellness!
Be Well Stay Well.